

Assessment Adaptations for YMCA Level 3 Certificate in Personal Training (500/8259/0)



Overview

This document is designed to provide guidance on how assessments can be adapted to allow learners to complete their qualification when face-to-face delivery/assessments may not be possible.

Important information

If usual delivery of teaching is not possible, consider using a mixture of:

- eLearning
- manuals
- virtual classrooms.

Centres must ensure that learners are fully prepared before any assessment takes place. This includes ensuring that both learners and their clients are always safe and have agreed to the conditions of the adapted assessment. You may need to consider:

- how you will document agreement from the learner
- risk assessments of the assessment environment
- providing learners with additional guidance on remote assessment
- providing learners with an opportunity to practice adaptations before summative assessment
- how you will stop a learner if they are doing something unsafe.

Formative assessment must take place before learners complete their final summative assessment. If both are being completed remotely, you will need to plan in enough time to allow the learners to practice any corrective actions. You will also need to confirm that learners have taken feedback on board before completing summative assessment to ensure you are not setting them up to fail.

As part of Programming personal training with clients (F/600/9052), learners are required to plan one programme for an environment outside of a gym or studio. Learners can choose elements from any of the four programme cards for their summative assessment. However, it is likely that learners will select exercises from the programme card for an environment outside of a gym or studio whilst social distancing measures remain in place/leisure facilities remain closed.

You do not need approval to complete assessment adaptations outlined in this document, but you must seek approval before making any other changes.

You will need to give us at least 5 working days' notice that final summative assessments is taking place to support us to plan external quality assurance activity.

Allowed assessment adaptations

Units shaded in blue are listed in the Level 2 Mandatory Units syllabus.

Unit	Assessment element	Current assessment method	Allowed assessment adaptation
Anatomy and physiology for exercise and health (A/600/9051)	Assessment element 1: Anatomy and physiology theory paper	Face-to-face invigilation	eProctoring
Applying the principles of nutrition to a physical activity programme (L/600/9054)	Assessment element 2: Nutrition theory paper	Face-to-face invigilation	eProctoring
	Assessment element 3: Nutrition knowledge questions and case study	Learner assessment record (LAR)	No adaptation required
Programming personal training with clients (F/600/9052)	Assessment element 4: Programming knowledge questions	Learner assessment record (LAR)	No adaptation required
	Assessment element 5: Personal training programme	<p>Learner assessment record (LAR)</p> <p>Learners are required to be observed taking a range of physical measurements (Blood pressure, body composition, BMI, CV fitness, Rom, Muscular fitness) as part of creating a client profile</p> <p>Learners are required to deliver 4 sessions to their client (not observed)</p>	<p>Due to the equipment available to the learner some tests may not be feasible. With guidance from the tutor/assessor the learner may need to plan/carry out adapted physical assessments. This could include learners:</p> <ul style="list-style-type: none"> · supporting their client to measure their pulse rate, to provide an indication of heart health · completing a visual posture check instead of using a plumb line. <p>Learners may use an appropriate member of their household or complete the consultation with a client over the telephone or via live video link</p> <p>Where possible, assessment should be completed under the supervision of the assessor or tutor, either face to face or via live video link. If the assessor/tutor is not available, the learner should record the consultation</p>

Unit	Assessment element	Current assessment method	Allowed assessment adaptation
			<p>Regarding delivering the 4 sessions learners may need to use a different person than they originally planned for. This could be a member of their household or an appropriate person from another household. All sessions must be conducted in an outdoor space (if using a participants from a different household) following social distancing rules. In either case the learner is required to carry out suitable screening to ensure the “new” participant is ready to exercise. Learners may be required to amend the sessions based on the outcome of the screening. Additional guidance will be required from the Training Provider to fully prepare the learner for the adapted assessment.</p>
Delivering personal training sessions (J/600/9053)	Assessment element 6: Delivery knowledge questions	Learner assessment record (LAR)	No adaptation required
	Assessment element 7: Summative observation of practical teaching	Learner assessment record (LAR)	<p>Learners may need to use a different person than they originally planned for. This could be a member of their household or an appropriate person from another household. All sessions must be conducted in an outdoor space (if using a participants from a different household). In either case the learner is required to carry out suitable screening to ensure the “new” participant is ready to exercise. Learners may be required to amend the sessions based on the outcome of the screening.</p> <p>Where possible, assessment should be completed under the supervision of the assessor or tutor, either face to face or via live video link.</p> <p>If the assessor/tutor is not available to provide live/instant feedback, this would mean asking a qualified person to oversee the demonstration to ensure safety.</p> <p>Evidence of all remote assessment must be retained for internal and external quality assurance.</p>
Health, safety and welfare in a fitness environment (T/600/9016)	Assessment element 2: Assessment Workbook	Y-mark Assessment workbook	No adaptation required

Unit	Assessment element	Current assessment method	Allowed assessment adaptation
Principles of exercise, fitness and health (A/600/9017)	Assessment element 3: Principles of exercise, fitness and health theory paper	Face-to-face invigilation	eProctoring
Know how to support clients who take part in exercise and physical activity (M/600/9015)	Assessment element 4: Assessment Workbook	Y-mark Assessment workbook	No adaptation required